

Raisin, Cranberry, Blueberry Cookies

Sharon Benedict

Home & Harvest, Recipes for Healthy Living

Desserts-Cookies & Bars



Servings: 35

Yield: 2 servings

1/2 cup goat milk-lowfat

1/4 cup banana, mashed

2 tablespoons agave nectar

1/2 cup beet sugar

1 teaspoon vanilla

1 teaspoon cinnamon

1/2 cup raisin

1/2 cup dried cranberries

1 teaspoon baking soda

1/2 teaspoon sea salt

1 3/4 cups Spelt flour

1 cup Spelt Flakes, moderately crushed

2 tablespoons water

3 tablespoons olive oil

3/4 cup blueberries, frozen, cut in halves

2 tablespoons Hemp Protein, powder

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Start to Finish Time: 1 hour 30 minutes

Preparation Time: 30 minutes

In a separate bowl, combine and mix well all liquid ingredients, cinnamon, banana, and beet sugar.

Add dried cranberries, raisins, and frozen blueberries. Mix together.

In a separate bowl, mix together flour, sea salt, and baking soda (hemp protein optional, depending on taste impact)

Pour flour mixture into liquid mix in thirds, stirring till blended each time to achieve desired batter consistency. Then add crushed spelt flakes and stir till blended.

Drop 2 inch cookie dough portions on parchment lined cookie sheet. Have a one inch space between portions since dough will spread somewhat.

Bake at 375 deg F for 15 minutes.

Remove from oven. Cool on cookie rack for about 10 minutes. Freezes well.

An experiment that came out fantastic and close to Day 3 Rotation

Per Serving (excluding unknown items): 81 Calories; 2g Fat (16.5% calories from fat); 2g Protein; 16g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 91mg Sodium; 5g Total Sugars; trace Vitamin D; 12mg Calcium; 1mg Iron; 60mg Potassium; 3mg Phosphorus.
Exchanges: .